



**AUGUST 10, 2006**

## **HEALTH ADVISORY**

### **Meningococcal Disease, Cass County**

On August 10, a presumptive case of meningococcal disease was reported in a Cass County resident. The case expired at a Fargo Hospital. The case presented with high fever and petechial rash. She had thrombocytopenia, gram negative intracellular diplococci in the CSF and Waterhouse-Friderichsen syndrome. The case worked at a Fargo child-care center.

The investigation and contact tracing are being conducted by the North Dakota Department of Health and the Fargo Cass Health Department. All contacts who are candidates for preventive treatment will be notified by public health. Information regarding the case was sent home with parents of day care attendees today.

Meningococcal disease is not highly contagious and transmission occurs through direct contact with infected oral secretions.

Chemoprophylaxis is recommended for the following groups:

- Household contacts
- Child-care and nursery school contacts
- People with direct exposure to the patient's oral secretions
- People who frequently slept or ate in the same dwelling as the patient

The following table provides recommended antibiotics and dosages for chemoprophylaxis.

**TABLE 7. Schedule for administering chemoprophylaxis against meningococcal disease**

<b>Drug</b>	<b>Age group</b>	<b>Dosage</b>	<b>Duration and route of administration*</b>
Rifampin <sup>†</sup>	Children aged <1 mo	5 mg/kg body weight every 12 hrs	2 days
	Children aged ≥1 mo	10 mg/kg body weight every 12 hrs	2 days
	Adults	600 mg every 12 hrs	2 days
Ciprofloxacin <sup>§</sup>	Adults	500 mg	Single dose
Ceftriaxone	Children aged <15 yrs	125 mg	Single IM <sup>¶</sup> dose
Ceftriaxone	Adults	250 mg	Single IM dose

\* Oral administration unless indicated otherwise.

<sup>†</sup> Not recommended for pregnant women because it is teratogenic in laboratory animals. Because the reliability of oral contraceptives might be affected by rifampin therapy, consideration should be given to using alternative contraceptive measures while rifampin is being administered.

<sup>§</sup> Not usually recommended for persons aged <18 years or for pregnant and lactating women because it causes cartilage damage in immature laboratory animals. Can be used for chemoprophylaxis of children when no acceptable alternative therapy is available. Recent literature review identified no reports of irreversible cartilage toxicity or age-associated adverse events among children and adolescents (Source: Burstein GR, Berman SM, Blumer JL, Moran JS. Ciprofloxacin for the treatment of uncomplicated gonorrhea infection in adolescents: does the benefit outweigh the risk? Clin Infect Dis 2002;35:S191-9).

<sup>¶</sup> Intramuscular.

Source: Centers for Disease Control and Prevention. MMWR 54(RR07);1-21.

More information regarding meningococcal infection can be found at [www.health.state.nd.us/disease/Documents/faqs/Meningococcal.pdf](http://www.health.state.nd.us/disease/Documents/faqs/Meningococcal.pdf) .

*Categories of Health Alert messages:*

- *Health Alert conveys the highest level of importance; warrants immediate action or attention.*
- *Health Advisory provides important information for a specific incident or situation; may not require immediate action.*
- *Health Update provides updated information regarding an incident or situation; no immediate action necessary.*
- *Health Information provides general information that is not necessarily considered to be of an emergent nature.*

*This message is being sent to local public health units, clinics, hospitals, physicians, tribal health, North Dakota Nurses Association, North Dakota Long Term Care Association, North Dakota Healthcare Association, North Dakota Medical Association, North Dakota EMS Association and hospital public information officers.*